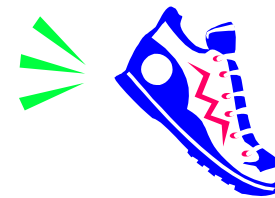
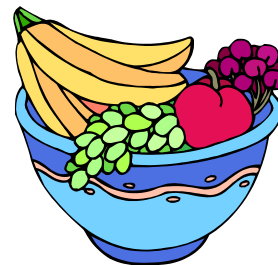




## Tips for Team Success

- Try to find teammates who will make a genuine effort to participate in the program, no matter what their fitness or nutrition status is.
- Invite team members to suggest ideas for inclement weather activities, fitness that you can do indoors individually or as a team.
- Try to eat another fruit or vegetable per day in addition to what you already eat.
- Use the Challenge Tracker to chart your daily activity and fruit/veggie consumption. Place it on the refrigerator or bathroom mirror as a reminder to fill it out.
- Utilize free walking opportunities: the Ashuwillticook Rail Trail, the mall, public school tracks, or use the stairs instead of the elevator.
- Encourage one another. Send out a supportive e-mail or phone call when you can't talk in person.
- Meet to eat a healthy snack/lunch/dinner together.
- Challenge another team at your employer to reach even greater goals.
- Don't forget to congratulate yourself for the work you are doing! Remember, don't use rich foods as your reward.





## Starting an exercise program? You may want to check with your doctor first.

Including regular physical activity in your daily routine can help you control your weight, reduce your risk for many health problems, and strengthen your bones. But **before you lace up** your workout shoes, you may want to **talk to your doctor** or a sports medicine specialist first. Some health conditions and circumstances can make exercise unsafe.

### **Before starting an exercise program, talk to your doctor if:**

- You've been sedentary for more than six months
- You're a man age 40 or older, or a woman age 50 or older, and you haven't had a physical examination within the past two years
- You've ever had a heart attack, or you have cardiovascular disease, high blood pressure or diabetes
- Anyone in your family has died of cardiovascular disease before age 50
- You take medications or follow a special diet to improve cholesterol levels
- You take medication to manage a chronic condition
- You smoke, or you have emphysema, asthma, allergies or any other lung condition
- You have a chronic condition, such as arthritis that limits your flexibility, strength or endurance
- You're pregnant
- You've been told by your health care provider not to exercise
- You have noticeable pain in a particular joint or muscle when walking or participating in any type of physical activity
- You've previously experienced a joint or muscle injury for which you haven't received formal treatment, or for which you continue to have persistent symptoms

By: The Mayo Clinic Staff